

For current information on Hurricane Katrina and guidance on registering next of kin information, log onto <http://www.disasterhelp.gov>.

Border Eagle

Vol. 53, No. 35

Laughlin Air Force Base, Texas

September 2, 2005

Local hero honored at dedication

By Kathy White
Public Affairs

Airman 1st Class Raymond Losano, a Del Rioan who gave his life serving in Afghanistan, was memorialized in a ceremony Thursday which dedicated the fitness center here in his name.

Airman Losano served as a terminal air command and control specialist who deployed from Pope Air Force Base, N.C. in March 2003. He was killed during ground-combat operations along the Afghan-Pakistani border April 25, 2003.

During the ceremony, Roberto Losano, Jr., Airman Losano's brother, expressed gratitude the family had toward the community and Laughlin. He said they were pleased to have the family name displayed on the fitness center.

Also speaking at the dedication was Capt. Brad Dyer, 85th Flying Training Squadron, who was Airman Losano's commander while stationed at Pope AFB, N.C. He painted a picture of a dedicated warrior whose service to friends, family and country will not be forgotten.

See 'Losano,' page 5



Photos by Master Sgt. R. Steve Milligan

The 47th Flying Training Wing Commander, Col. Tod D. Wolters and Airman 1st Class Raymond Losano's family unveil the plaque in front of the fitness center during the dedication ceremony Thursday. Airman Losano, a Del Rio native, was killed in 2003 in Afghanistan.

(Above) Laughlin members and guests applaud as Bill Goins and Tom Kerr unveil the fitness center's new sign Thursday as it becomes the Losano Fitness Center and HAWC.

BRAC commission concludes deliberations

WASHINGTON--The Defense Base Realignment and Closure Commission wrapped up four days of deliberations in final actions Aug. 26 and 27 by voting to turn Pope Air Force Base, N.C., into an Army airfield and recommending sweeping recommendations to revamp the Air National Guard and consolidate its operations.

The nine-person commission deviated significantly from the Pentagon's proposed plan to realign the Air Guard, passing a recommendation that would ensure every state with an existing Air Guard unit

would retain at least some Guard aircraft.

The decisions, made over the course of four days in Arlington, Va., will be reflected in a final report to be sent to President Bush by Thursday. If he concurs, the president will send the final list to Congress, which can accept or reject it in its entirety, but not change it.

The votes follow months of hearings nationwide regarding DOD's proposal to reshape the military infrastructure and eliminate excess capacity by closing 33 major bases and realigning 29 others.

Defense officials had estimated the plan would save about \$49 billion over the next 20 years, although that figure is expected to alter dramatically based on the BRAC decisions.

In major actions since Aug. 24, the BRAC commission voted to close these Air Force installations:

--Wilford Hall Medical Center at Lackland Air Force Base, Texas, consolidating medical operations for the region at a new San Antonio Regional Medical Center at nearby Fort

See 'BRAC,' page 4

Newslines

Chief of Staff

The Chief of Staff change-of-command ceremony will be aired live on Air Force Link and the Pentagon Channel today at 9 a.m. CST. Go to <http://www.af.mil> and click the button linked to the live feed.

47th MSS closure

The 47th Mission Support Squadron, will be closed Sept. 9 for an official function.

For emergency, call the command post at 298-5167.

DEERS, RAPIDS down

Laughlin Defense Enrollment Eligibility Reporting System (DEERS) and Real-time Automated Personnel Identification Systems (RAPIDS) will be down Sept. 14 and 15.

During the downtime, DEERS and RAPIDS transactions, such as updating birth, marriage and divorce records issuing ID card will not be possible.

For assistance, call the military personnel flight at 298-5276.

Deployment stats

Deployed:	69
Returning in 30 days:	59
Deploying in 30 days:	10

Mission capable rate (As of Tuesday)

T-1, 89.6%	T-6, 91.9%
T-38C, 76.0%	

Alcohol-related incidents

January to August 2004 13

Jan. 1 to August 23, 2005 18

Days since last incident 13

Military allows diversity of beliefs



Commander's Corner

By Lt. Col. Joseph Lim
47th Flying Training Wing
chaplain

One of the greatest things that attracted me to become an Air Force chaplain was the respect within the U.S. military for diversity of beliefs.

Christians, Jews, Muslims, people of all faiths, and those who have no particular belief at all, may worship or not worship as they choose. This is one of the bedrocks of our nation, and it is a principle that is exemplified in the military community.

The Department of Defense places high value on the rights of members of the armed forces to observe the tenets of their re-

spective religions. Religious freedom and individual rights are a central part of our rich American heritage and are embodied in the First Amendment to the Constitution.

Although each chapel cannot provide every type of worship service, one function of the chapel staff is to help military and civilians alike find what they need to support their individual beliefs. Our base chapel is trying all it can to accommodate people's religious needs in any way possible.

There have been challenges with regard to respect for the belief of others. Climate surveys at the Air Force Academy have pointed out instances where respect may be lacking or where declaring one's own religious belief may be perceived as imposing on others.

Examples of religious intolerance, insensitivity and inappropriate proselytizing have been

found. But these breaches of faith are the exception rather than the rule, and they do not paint the true picture of service in the armed forces. Insensitivity perhaps is mostly to blame more so than maliciousness.

Respect encompasses Airmen and their family members and their right to hold to any belief system they choose--this is the responsibility not only of commanders but of all of us.

Our military leadership works hard to build a military force based upon the values of mutual respect, dignity and cooperation--not because we're social engineers or determined to be politically correct, but because these values are essential for the teamwork that is central to the military effectiveness of our country.

We all must live with these values every day in every aspect of life in the military, on duty and off.

There are people out there who genuinely care

By Tech. Sgt. Tony Moon
336th Training Squadron

KEESLER AIR FORCE BASE, Miss.--Sometimes life becomes so routine with everyday customs, we forget why we do our job and what we stand for.

One routine for me was an optometry appointment for my 4-year-old daughter, Caroline, several weeks ago. She has a lazy eye that requires a thick lens and many appointments to go with it.

During probably our fourth appointment, she asked me, "Daddy, can we go to the crab restaurant for lunch?" She was referring to a nearby Red Lobster restaurant. I wasn't teaching that day, so I agreed we could go there.

Lunch was very typical. My youngest daughter, Tessa, 2, was naturally wound up and creating havoc for us, the people in the booth next to us and the restaurant staff. She ran from table to

table with my battle dress uniform cap on her head. People would look at her, then smile at my wife and me.

I wasn't sure what message they were conveying--"Control your daughter" or "She's really cute." So I just smiled back and wondered what they thought of this Air Force member and his family.

As I tried to calm Tessa down for the umpteenth time, a waitress from another table approached ours. "Oh no," I thought, "what did Tessa do now?"

I was surprised and touched when the waitress said, "Don't worry about your ticket; it's been taken care of." At first, I didn't know what to say as I looked across the table at my wife and daughter. Then I asked the waitress to point out the person responsible for this act of kindness. She pointed in the direction of a man sitting alone at a booth. He never made eye contact with me.

When he left his booth, I caught up to him and put my hand on his shoulder. As he turned around, I extended my hand in his direction. He smiled while I thanked him and explained that no one had ever done that before.

He shook my hand firmly and glanced at my family. He said with great pride in his voice that his father was a veteran and that he appreciates what military families do for our country.

Our paths may never cross again as he was passing through on his way to Florida, but I'll never forget him. What he did came at a time when I needed to feel appreciated professionally. He never asked about my job or whether I'd been deployed. He just wanted to show there are people out there who genuinely care about us, the freedom we provide and the sacrifices our families make.

Knowing this, I've decided Tessa can run around in my BDU cap anytime she wants.

Border Eagle

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Deadlines

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: olufemi.owolabi@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

Advertising

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Actionline

Col. Tod Wolters
47th Flying Training
Wing commander



Call 298-5351 or email
actionline@laughlin.af.mil

One way to work through problems that haven't been solved through normal channels is the Commander's Actionline.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved.

When calling or e-mailing the Actionline, please keep messages brief and remember to include your name and phone number so you are assured of a timely personal reply. Contact information is also useful when additional information is needed to pursue your inquiry.

We will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

“Through trust and teamwork, train expeditionary airpower experts to fight and win America’s wars.”

– 47th Flying
Training Wing
mission statement

A birthday to remember for a lifetime

Fit to fight at age 40

By Maj. Dean Stuller
Air Force Personnel Center
Squadron section commander

RANDOLPH AIR FORCE BASE, Texas--Many people seem to believe 40th birthdays are a big event in life; but prior to turning 40, I thought it just another birthday. Those thoughts changed recently, because my 40th will be the one birthday I will never forget.

Prior to turning 40, I thought of it as one of those rare opportunities for me to disengage, indulge in some cake and ice cream (a very rare event for me--ask anyone I work with) and accept in humble appreciation gifts from my wife and children.

In the days preceding July 23, my 40th birthday, I really hadn't spent very much time reflecting on past birthdays.

However, when I did look back, most birthdays weren't exciting or emotional, just appreciated and enjoyed. Little did I know what was around the corner.

I stayed up late July 22 to watch a movie with my wife. About 1:30 a.m., as we headed for bed, I began to experience a significant pain in my chest which quickly intensified. After just seconds, the pain radiated down the back of my arm sending me to my knees.

I have a very high tolerance for pain and even though my wife knows this she knew the pain was more than I could handle and asked if she should call 9-1-1.

However, being a stubborn man, I told her not to because I was sure it would pass. When the pain reached my hand and I began having difficulty breathing, I asked for some aspirin. My wife didn't ask again; she

called 9-1-1. I wanted to argue but was in no shape to do so. I had made it into the bedroom, fallen and couldn't get up.

When EMS arrived, they quickly took steps to get my heart under control and then hurriedly transferred me to Wilford Hall Medical Center at Lackland Air Force Base.

Upon arrival, the professionals in the emergency room immediately started evaluating my condition and administering treatment. They weren't sure I was having a heart attack because I didn't fit the profile: good blood pressure, I'm healthy, active and relatively young, and there's no history of cardiac disease in my family. Though the pain had diminished, the "nitro" they administered didn't seem to have the impact on my heart they expected. A short time later, the cardiologists determined I was having a heart attack.

They rushed me into the cardiac catheter lab, found the offending artery, performed angioplasty and implanted a stent re-establishing good blood flow. Upon further testing, nuclear medicine determined the damage was minimal.

Medical technology in the hands of professionals truly can and does work wonders!

There are a few lessons to learn here.

First of all, don't hesitate to call 9-1-1; a delay could cost your life!

Also, remember fitness is about more than simply passing your next fitness test; it is a principle factor in determining your health and your longevity.

The chief of cardiac interns at Wilford Hall said my current fitness level probably saved my life.

Though always physically active, I find it interesting I

Also, remember fitness is about more than simply passing your next fitness test; it is a principle factor in determining your health and your longevity.

spent the last six months engaged in rigorous cardio training in an effort to do well on my fitness test. Little did I know I was also preparing for a heart attack. Thank you, Air Force.

And lastly, there's always much for which we should be thankful. In addition to thanking the Air Force for making me do the right thing, I owe a great debt of gratitude to the team of dedicated and exceedingly professional medical experts at Wilford Hall for the care they provided: the nursing staff on the ward that took good care of me post-op; the cardiac intensive care staff who took care of me immediately before and after the catheter work; and most certainly, the bevy of cardiac interns and their chief who did a great job getting things under control and resolved before my ticker decided to quit ticking.

Most importantly I am thankful for my wife who was quick to respond to my needs and took the right actions even if her stubborn husband delayed her.

Since returning to work, I've reflected on what we do here at the Air Force Personnel Center to put the right people in the right place at the right time to execute their mission.

On my 40th birthday, I benefited personally from the successful accomplishment of AFPC's mission when the experts at Wilford Hall accomplished their's. I'll enjoy that for the rest of my life.

BRAC, from page 1

Sam Houston.

- Brooks City-Base, Texas.
- Onizuka Air Force Station, Calif.
- Galena Airport Forward Operation Location, Alaska.

The panel voted to keep open the following Air Force installations and schools:

- Ellsworth AFB, S.D.
- Cannon AFB, N.M., until at least 2009, and urged DOD to find a new mission for the base, if possible;
- Defense Language Institute, Monterey, Calif.
- Naval Postgraduate School in Monterey, establishing a governing board to coordinate education programs between the school and the Air Force Institute of Technology at Wright-Patterson AFB, Ohio.

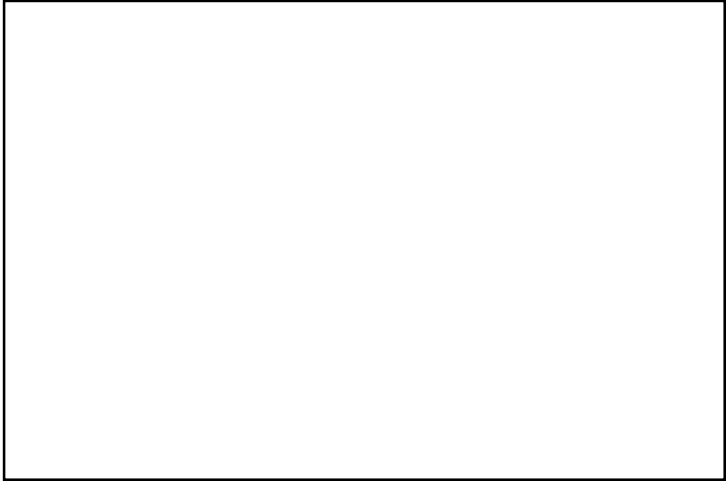
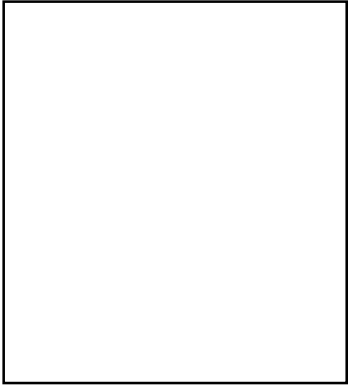
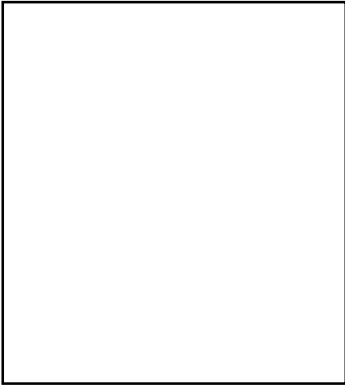
Other votes the panel made affecting the Air Force are:

- Consolidate operations at Fort Dix, McGuire AFB and Naval Air Engineering Station Lakehurst in New

Jersey, creating a single joint base under a central commander at McGuire.

- Consolidate 26 Defense Finance and Accounting Service offices into five: in Cleveland; Limestone, Maine, at the former Loring AFB; Rome, N.Y., at the former Griffiss AFB; at the Defense Supply Center-Columbus, Ohio; the Bean Federal Center in Indianapolis at the former Fort Benjamin Harrison; and in Alexandria, Va.
- Move the dental training school at Sheppard AFB, Kan., to Fort Sam Houston as part of a new consolidated medical center.
- Realign Randolph AFB, Texas, by moving its undergraduate navigator training to Naval Air Station Pensacola, Fla.
- Block the move of active-component combat aircraft from Eielson AFB, Alaska.
- Stop the move of about 1,000 jobs to Hanscom AFB, Mass.

(Courtesy Air Force Print News Service)



Losano, from page 1

“It has been my honor to get to know the Losano family over the past couple of years,” he said. “It is no wonder to me why Raymond was who he was after getting to know those who raised him and those who were raised with him.”

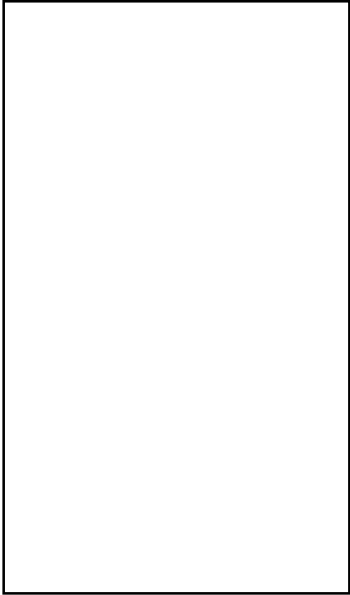
Col. Tod D. Wolters, 47th Flying Training Wing commander, added that we embrace the Losano’s by naming the facility after their husband, son, father and brother.

“Airman Losano is Del Rio’s native son, so he is our son, he is family,” he said. “There is nothing we can say to ease his family’s burden, to give a wife back her husband, two little girls back their dad, a mother and father back their son. All we can do is embrace them with this honor. When we name this beautiful building in honor of Raymond, we embrace this family.”

The crowd paused in silence as the plaque and building letters were unveiled to show Airman Losano’s name and bronze portrait on the building.

The Losano Fitness Center hours are Monday through Thursday 5 a.m. to 11 p.m., Friday from 5 a.m. to 8 p.m., Saturday and Sunday from 7 a.m. to 8 p.m. Holiday hours are 10 a.m. to 6 p.m.

For information on fitness classes or the center in general, call 298-5251.



Sexual-assault prevention film must-see for Airmen

By Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON--A new training video recently distributed to the Air Force through vice wing commanders is required viewing for all Airmen.

All Airmen must view the new video, entitled "Targeting Sexual Assault," by Nov. 1. It is part of a larger Air Force campaign to educate Airmen about the realities of sexual assault, the prevention responsibilities of every Airman, and the efforts the Air Force is making to enhance prevention and response capabilities, said Charlene Bradley, who led the Air Force task force review and program development.

The training video features important messages by Air Force Chief of Staff Gen. John P. Jumper, Chief Master Sgt. of the Air Force Gerald R. Murray, and Lt. Gen. Roger A. Brady, deputy chief of staff of the Air Force for personnel. Those senior leader messages focus heavily on Air Force core values, on the "Wingman" concept and on respect for each other.

"We must ensure that every Air-

man understands that sexual assault is a crime and an egregious breach of our core values," General Brady said. "Our respect for ourselves, each other and our Air Force, are principles in our core values, principles violated when Airmen take advantage of other Airmen."

As part of an introduction to the training portion of the video, General Jumper tells commanders and Airmen what he wants them to take away from the film.

"I want every Airmen to know what sexual assault is and how to report it," he said. "I want commanders and supervisors to support a policy and foster a climate that encourages reporting and cares for victims when they do report. And I want commanders to take appropriate action when sexual assault has occurred."

The main training portion of the video is a dramatization of a rape scenario, where mutual friends introduce two Airmen to each other.

The fact the two know each other is an important part of the film, Ms. Bradley said, because it helps dispel one of the most common myths about rape.

"The biggest myth is that rapists wear ski mask and jump out of bushes --that they are the only rapists," Ms. Bradley said.

The reality is that the majority of rapists are nonstranger rapists--someone the victim knows. The video will help educate Airmen about that fact and will also help dispel other myths about rape, said Claudia Bayliff, the new Air Force Sexual Assault Prevention and Response Program chief.

"Statistics show approximately 85 percent of rapists are somebody known to the victim," Ms. Bayliff explained. "Another myth about rape is that the victim is somehow responsible, the victim provoked it or caused it. In addition, many think that nonstranger rapes are just a 'miscommunication,' or that they are caused by too much alcohol. What we are trying to show with the video is that these non-stranger rapes are usually premeditated."

The video also helps viewers understand the role of facilitators and bystanders--individuals who either consciously perpetuate an environment that enables non-stranger rapists to

function, by offering encouragement and failing to act, or by having knowledge and failing to intervene. The goal is to teach Airmen how to intervene to protect each other.

Also part of the training film is a discussion on the Air Force's implementation of the Department of Defense's restricted reporting policy, and the Air Force's new Sexual Assault Response Coordinator program.

The training video is part of a larger Air Force program to reduce sexual assault through education and awareness.

The program includes five major initiatives that focus on strong leadership and clear and integrated policy; prevention through education and training; improved care for victims; improved reporting procedures for victims; and ensuring new initiatives translate to the deployed environment.

"The Air Force is engaging in institutional change on this issue at a profound level," Ms. Bayliff said. "In all my years of working on this issue, I have never seen anything like this. This is a huge institutional change that is really unprecedented."

Base officials urge members to play it safe on Labor Day

Compiled by the
47th Flying Training
Wing safety office

The Labor Day holiday means different things to different people.

For some, it's a day to celebrate the workforce. To others, it's a day off from work. Others recognize it as the last holiday of the summer.

As the holiday represents many things, it also finds people involved in many different activities.

For those people adventurous enough to get out of town, the following tips can help make their trip more enjoyable and safe:

--Plan your trip in advance. Look at the roads you plan to travel and consider extra traffic you might encounter. Check out alternate routes in

case your planned route becomes impassable.

--Make sure your car is in good condition. Check lights, turn signals, brakes and tire pressure. Take along emergency equipment such as a flashlight and warning devices to alert other motorists should your car break down.

--Check the weather. Your route or entire vacation could be ruined by severe weather or a tropical storm.

--Start early. If you rush, you will increase your chances of being involved in an automobile accident or getting a speeding ticket.

If you are planning instead to spend a day at home with family and friends, you should still include safety in your activities.

If you are having a backyard barbecue, check the con-

dition of your utensils and barbecue grill. If using a propane-fired grill, follow manufacturer's instructions and check for leaks before lighting the fuel. Follow recommended operating procedures.

A picnic is great, but protect your food from spoilage. Keep foods refrigerated or in an ice chest as necessary. Put food away after the meal. If your guests must drive home, designate a driver if alcohol was served.

Boating is a popular activity for many people, but before venturing out on the water, know state laws governing types of boats and safety precautions. There must be a life jacket available for each person on the boat, and the boat should never carry more people than its designated capacity. Remember, it's illegal to operate a boat

under the influence of alcohol or drugs.

For some people, the three-day weekend is time to get projects done around the house. If you plan to do maintenance or painting, be sure you have the proper size ladder and it's in good condition. If using chemicals, be sure to use a well-fitting respirator with the correct type of cartridge. Keep the house well ventilated if painting indoors.

Commanders and first-line supervisors don't forget to ensure your staff is properly briefed before leaving for the three-day weekend. High Risk Activities Briefings and Pre-Departure Safety Briefings are a must.

Just remember to keep safety in mind, and you will get the most from your Labor Day holiday.

POW/MIA Day ruck march

The 47th Security Forces encourages squadrons to participate in their annual POW/MIA Day ruck march at 7 a.m. Sept. 16. The march will begin at the gym parking lot. To sign up, call Staff Sgt. Joe Joslin at 298-5861. Rucks/backpacks will be provided, but numbers are limited. Squadrons should R.S.V.P. to Sergeant Joslin with a number of participants for the formation. Squadrons are also encouraged to bring guide-ons if more than five members are participating.

Air Force leaders announce religious guidelines

WASHINGTON--Air Force officials announced the release of interim guidance on free exercise of religion Aug. 29.

Air Force Directorate of Personnel officials issued the interim guidelines after careful consideration of the U.S. Constitution, laws and military necessity. The guidelines were developed after a review at the U.S. Air Force Academy indicated a need for additional guidance on the issue of religious respect throughout the Air Force.

“A crucial part of our vision is that the religious diversity we share as Americans is a strength that sets us apart from many other nations,” said Lt. Gen. Roger A. Brady, Air Force deputy chief of staff for personnel. “In a world where many nations are torn apart by religious strife, we must understand that

our ability to stand together--those who represent many religions shoulder-to-shoulder with those who claim no religion--is a great strength.

The interim guidelines are based on the following principles:

- We are sworn to support and defend the Constitution of the United States. In taking this oath we pledge our personal compliance with the Constitution’s protections for free exercise of religion and prohibitions against governmental establishment of religion.
- We will accommodate free exercise of religion and other personal beliefs, as well as freedom of expression, except as must be limited by military necessity. We will not officially endorse or establish religion--either one specific religion, or the idea of reli-

gion over nonreligion.

--Our core values support and are consistent with our constitutional obligations. Our integrity demands that we respect others and that we live up to our oaths. Service before self demands respect for the Constitution, our Air Force and each other, and an understanding that in the military our service begins with a commitment to our responsibilities, not only our rights. Commitment to a climate in which individuals of diverse beliefs form an effective team is essential to achieving excellence.

--Chaplain service programs are the responsibility of commanders. Chaplains function as staff

officers when advising commanders in regard to the free exercise of religion, and they implement programs of religious support and pastoral care to help commanders care for the welfare of all their people.

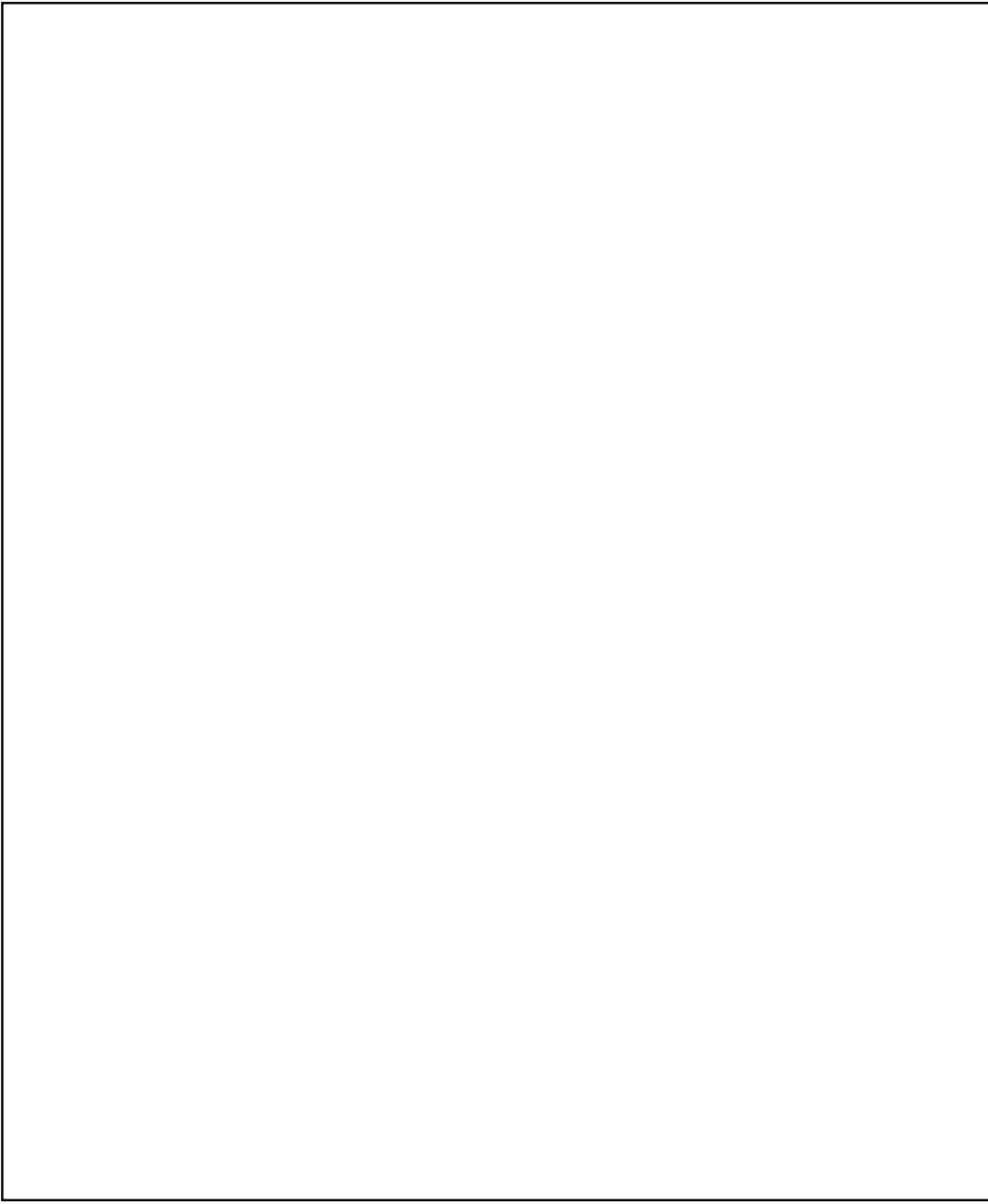
--Supervisors, commanders and leaders at every level bear a special responsibility to ensure their words and actions cannot reasonably be construed as either official endorsement or disapproval of the decisions of individuals to hold particular religious beliefs or to hold no religious beliefs.

--Abuse or disrespect of our wingmen--our fellow Air Force people--including disrespect based on religious beliefs, or the

absence of religious beliefs, is unacceptable.

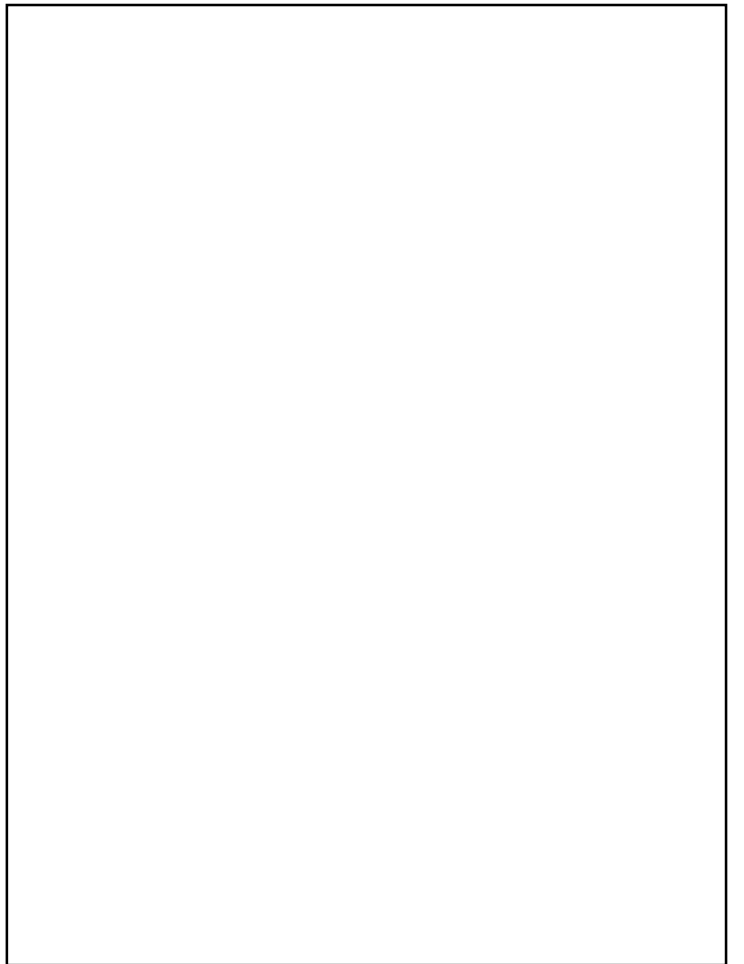
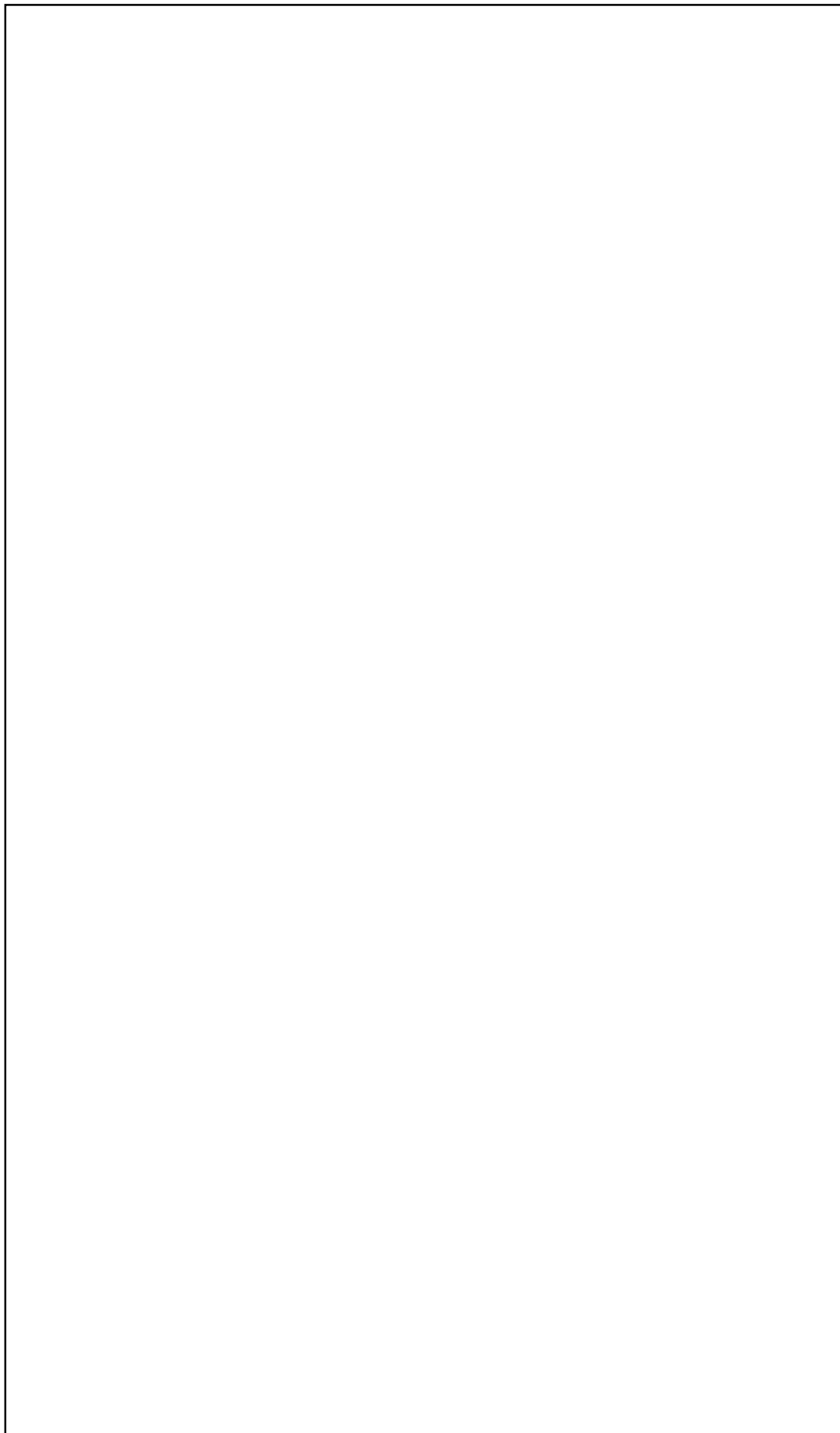
--We will recognize and value the many heritages, cultures and beliefs represented among us, and build a team by stressing our common Air Force heritage: the oaths we took, the core values that we embrace, and the mission that we undertake to protect our nation.

--At a time when many nations are torn apart by religious strife, we must understand that our ability to stand together as Americans and as Airmen--those who represent many religions, shoulder-to-shoulder with those who claim no religion--is part of our heritage and our strength.



The summer 2005 issue of Airman is available on line.
Log onto **<http://www.af.mil/news/airman/>**
for your quarterly desktop edition.

The **Del Rio branch of the American Red Cross** will hold a CPR-instructor course Sept. 9 through 11 at 6 p.m. in its satellite office, 127 Foster Dr. For additional information , call 775-8626.



Tuition-assistance applications now available online

Beginning today, Air Force members will no longer have to stand in line to accomplish a tuition-assistance request.

Members can now complete a request directly from their workstation through the Air Force Virtual Education Center (AFVEC) without having to come into the base education center.

AFVEC is the Air Force’s premier site for providing information about educational information and benefits. The purpose of this site is to provide students one-stop-shopping for all higher edu-

cation needs. In addition to the on-line TA request, AFVEC offers a wide array of on-line services to empower the student to actively participate in all aspects of their education.

These services are offered to encourage progress of each educational endeavor the student chooses to participate in; whether it is requesting tuition assistance, working towards their Community College of the Air Force (CCAF) degree, applying for commissioning or testing for PME completion.

Individuals may access

AFVEC directly through the web site at <https://afvec.langley.af.mil> or through the Air Force Portal. Members will be required to logon through the Air Force Portal using the portal’s reduced sign-on technology. New “My AFVEC” users will be required to create an account.

Upon successful registration, Air Force members can select the “Request TA” option to begin the process of requesting tuition assistance. In addition, a PowerPoint tutorial has been made available in this section to provide

instructions on how to process an on-line TA application.

It is important to note, Air Force members will be required to know and enter basic course registration information in the on-line TA request.

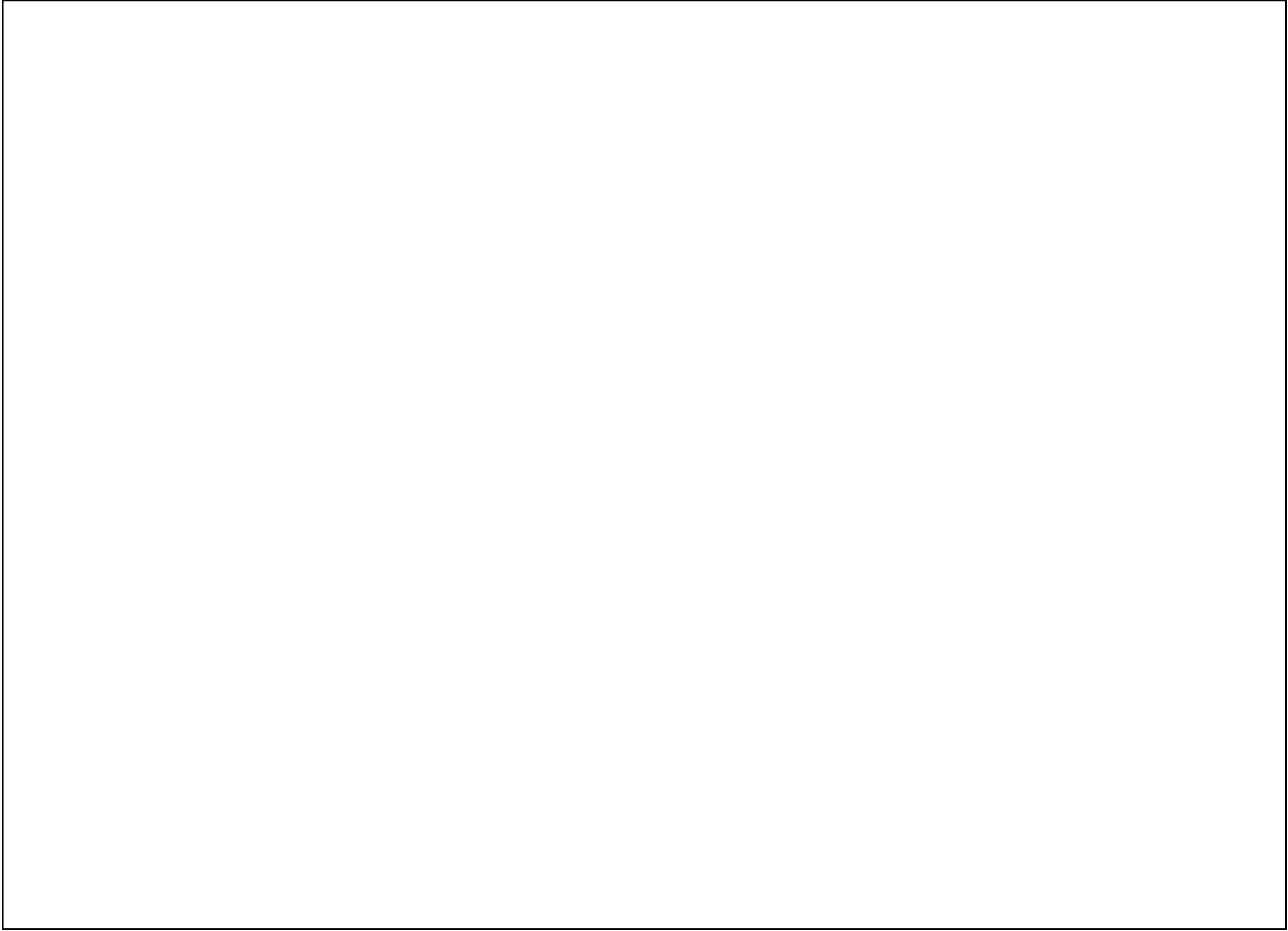
Members must know, among other things, the school’s exact term start and end dates, course code, course title and cost per semester or quarter hour.

Once the member has entered and reviewed the TA request information, the request will be forwarded electroni-

cally to the education center for final review and approval. The member will be notified and a copy of the electronically signed TA form will sent to them via e-mail and through their “My AFVEC” account when the TA request is approved.

For more information about the Air Force Virtual Education Center and “My AFVEC,” logon to AFVEC through the Air Force Portal at <https://my.af.milafvecprod>.

(Courtesy Air Education and Training command News Service)





2nd Lt. Aaron Gregory
47th Comptroller Squadron

Hometown: Hastings, Mich.

Family: Wife, Lori; daughter, Emilia; son, Caleb

Time at Laughlin: One year and 3 months

Time in service: More than a year and 3 months

Greatest accomplishments: Being the father of two outstanding kids

Hobbies: Reading, camping, fly fishing and shooting sports

Bad habit: Talking too much

Favorite movies: "Spanish Prisoner"

If you could spend one hour with any person, who would it be and why? If I could spend one hour with any person, it would be Warren Buffett because hey, he's Warren Buffett!

“Second Lietenant Aaron Gregory is confident, poised, and articulate... Aaron's a gifted leader making a difference for Team XL.”

--Maj. Michael Greiner,
47th Comptroller Squadron commander



Photo by Airman 1st Class Olufemi A. Owolabi



Photo by Master Sgt. R. Steve Milligan

Taking a cruise at sunset...

(From left) Airman 1st Class Sedelia Gonzales, 47th Comptroller Squadron, her husband and son, Gonzo and Xavier, and Senior Airman Christina Arsate, 47th Mission Support Squadron, and Anthony Arsate take a cruise on Lake Amistad during a 'Sunset Cruise' Aug. 26. The Sunset cruise is hosted by Southwinds Marina, and the next cruise is today and Sept. 23 from 7:30 to 9 p.m. For more information on events around town, see the Community events, page 15.



Laughlin Salutes

September enlisted Promotions

To Master Sergeant:
--Paul Gentile, 47th Civil Engineer Squadron
--Robert Hicks, 47th Aero-medical-Dental Squadron
--James Leavitt, Mission Support Group
--Cassandra Smith, 87th Flying Training Squadron
--Steve Milligan, 47th Flying Training Wing

Technical Sergeant:
--Brian Pokrant, 47th Operation Support Squadron

To Staff Sergeant:
--Adrian Johnson, 47th

Comptroller Squadron
--Sherry Neeson, 47th Medical Support Squadron
--Jeremy Pata, 47th CES

To Senior Airman:
--Daniel Podnar, 47th Communications Squadron

August re-enlistees:

--Master Sgt. Timothy Gorshe, 47th FTW
--Tech. Sgt. Thomas Vezie, 47th OSS
--Staff Sgt. Robert Worthington III, 47th CS
--Senior Airman Julie Greaser, 47th OSS

Laughlin leaders tour Val Verde Correctional Facility

Compiled from staff reports

Forty-two Laughlin commanders and civic leaders visited the Val Verde Correctional Facility on Hamilton Lane, Del Rio Aug. 26 as part of the quarterly senior-leadership activities hosted by Col. Tod D. Wolters, 47th Flying Training Wing commander.

Commanders toured the facility and learned about its mission. The jail, run by a contract company, Geo Group, Inc., is used by all law enforcement agencies in the area.

The facility sees some

12,000 to 14,000 prisoners a year and serves approximately 1 million meals.

In addition to the cell areas, tour participants visited the master control room of the high-tech jail and most of the support facilities like the clinic, food services and laundry facility.

Warden John Campbell said food services, laundry and common-area cleaning are done by inmates who volunteer in return for additional privileges.



Photos by 1st Lt. Sheila N. Johnston

Laughlin leaders and Del Rio civic leaders tour the Val Verde Correctional Facility August 26th. The facility, as shown, is set up to be a maximum-security location if necessary.



Col. Dave Petersen, 47th Operations Group commander, indicates to Maj. Patricia Rodriguez-Rey, 47th Mission Support Squadron, how perfectly her boots fit the line-up mark on the floor.

**Laughlin's Base Airmen
Against Drunk Driving can be
reached Fridays and Saturdays
from 10 p.m. to 3 a.m. by
calling 298-HOME (4663).**

Game Night...



Photo by Master Sgt. R. Steve Milligan

Raul S. Castorena, 47th Civil Engineer Squadron fire fighter, stacks his chips after winning a poker hand at the Fiesta Center Aug. 24. The alcohol-free event was organized by Life Skills in cooperation with the HAWC to show Airmen a good time without drinking. Food was provided, prepared and served by the Top Three. Volunteers from Life Skills and the HAWC made non-alcoholic drinks, and video games were provided by Game Crazy of Del Rio.

What every cyclist should know

By Tech. Sgt. Orville F. Desjarlais Jr.
Airman Magazine

Helmets: This is the most important piece of equipment. “Helmets don’t last forever,” said Maj. Matthew Belmonte. “They should be changed every few seasons. Also, they’re made for only one crash. They absorb the impact so your skull doesn’t — therefore once you’ve crashed, it’s time for a new one.” Helmets cost from \$20 and up.

Bike adjustments and fit: Allow an inch or two between the top tube and a cyclist’s crotch when straddling the bike. Next, adjust the seat height so the knees are slightly bent. Then, adjust the handlebars so they’re an inch below the saddle.

Shifting gears: Many cyclists don’t understand the gear shift patterns. That’s like driving a five-speed car and moving the gear shifter around

until the engine quits making that high pitched whining sound. The goal is to select a combination that allows the rider to maintain pedal rotations without straining.

Stopping: To brake smartly, apply the front brake more forcefully than the rear, but not enough to lock the wheels. Then, apply more pressure to the rear brake, which will shift the rider’s weight backward and avoid messing up a pretty face.

Clothing: Cycling shorts are more comfortable on long rides and are padded in strategic locations. Cycling gloves cushion the hands and protect them during falls. Synthetic jerseys provide greater comfort than cotton shirts and offer better protection from the elements. Cycling shoes have stiff soles so riders can put the “pedal to the metal.” Don’t forget sunglasses or goggles.

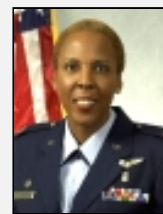
Repairs: Riders should know how to fix a flat tire and

do simple repairs such as reworking an unhinged chain. For that, a chain tool will save you from a long walk home.

Water: Dehydration is a bigger threat to cyclists than runners because a cyclist’s sweat evaporates faster than a runner’s, which leads to quicker dehydration.

Hazards: Don’t ride in the dark without a lighting system or when it’s raining. As for dogs that are hot on your heels, yell “No” real loudly. If that doesn’t stop the persistent canine, spray it down with water from your water bottle or blast it with pepper spray. All you really want to do is get past the dog’s territory. Some experts recommend dismounting from your bike and putting it between you and the dog while walking away slowly.

Riding in traffic: Ride with the traffic, and obey all traffic laws. Cyclists must be visible, predictable and cooperate with other road users.



What’s up Doc?

By Col. Laura Torres-Reyes
47th Medical Group commander

Question: I have been taking the acne medication, Accutane, for several months. A friend recently told me that she saw a report on the news that the medicine has caused a lot of birth defects and has been banned by the Food and Drug Administration.

Is that true? Should I stop taking it?

Answer: Accutane and its generic version, isotretinoin, have not been banned by the FDA.

Yes, it is definitely true that the drug causes significant birth defects. There is a high risk of severe brain and heart defects in the fetus if either of the parents are taking Accutane during conception, or if the mother continues to take Accutane at any time during pregnancy.

The risk persists for 30 days after stopping the drug, also. If you are not pregnant, not sexually active, or are using two forms of birth control to prevent pregnancy and being checked monthly with a pregnancy test, then there is no reason for you to stop taking Accutane unless your provider advises you to.

It is important for you to know that the Food and Drug Administration recently announced significant restrictions on the use and

prescribing of Accutane. The FDA now requires that both male and female patients using Accutane must enroll in a registry called iPLEDGE, by Dec. 31. If you do not enroll, you will not be allowed to continue using Accutane, and your prescription will not be refilled.

Women of childbearing age have additional requirements that include using two forms of birth control, obtaining two negative pregnancy tests before the initial prescription, and showing proof of another negative pregnancy test before each monthly refill.

The computerized registry system allow doctors and pharmacist to ensure compliance, and you will also be required to sign documents that inform you of Accutane’s risk, including birth defects, and the possibility that it contributes to depression or suicidal thoughts.

Doctors will also be required to report Accutane-linked pregnancies. Anyone who gets pregnant while taking Accutane should stop the medication immediately, and notify your doctor.

Thanks for your question.

You may contact Colonel Torres-Reyes at laura.torres-reyes@laughlin.af.mil if you have a What’s Up Doc? question.